

Speed Drill Work

- 1. Knee Ups**
- 2. Standing Leg Swing (Forward/Sideways)**
- 3. Bear Crawl Kicks**
- 4. Lunge Walk (Twist)**
- 5. Knee to Chest/Quad to Back**
- 6. Walking Leg Swing (Punting)**
- 7. High Knee Skip**
- 8. High Knee Bounds**
- 9. Side Step Arms**
- 10. Carioca**
- 11. Striding Bounds (Long)**
- 12. Backward Run Kicks**
- 13. Sprint Starts**

Plyometric Work (2 each)

- 1. One-Step Hurdles**
- 2. Both Feet Hurdle**
- 3. Box Jumps (2-4 sets)**

Ladder Drills (2 each)

- 1. High knees (one foot/two feet)**
- 2. Lateral shuffles (forward/backward)**
- 3. Hop scotch**
- 4. Tail leg whips**